

Managing Mental Health E-learning: Psychological First Aid

For people leaders

Comprehensive online learning & facilitated group discussion

PSYCHOLOGICAL FIRST AID

A workplace that promotes mental health has substantial benefits for organisations. These benefits can be seen in improved productivity, reduced absenteeism and presenteeism, and higher retention of staff. On average, organisations can expect a return on investment (ROI) of 5.2:1.*

However, leaders often feel uncertain about how best to ask about wellbeing and respond to mental health challenges in their team members. This uncertainty can prevent leaders from addressing issues within their team, and cause significant stress for leaders themselves.

Our Managing Mental Health e-learning (or "Psychological First Aid") has been designed specifically for people leaders to increase their confidence and competence in identifying and managing stress and mental health problems in their people. The programme has been developed by psychologists using clinical experience, expertise, and best-practice research in the wellbeing and mental health sciences.

We designed this e-learning to cater for flexible learning and schedules. The 14 modules are self-guided and skills-based and take approximately 4-5 hours to complete. All participants are provided with a comprehensive digital workbook complete with additional reading, exercises and reference material.

**Deloitte (2020). Mental health and employers: Refreshing the case for investment.*

LEARNING PROGRAMME OBJECTIVES

1. Describe the difference between mental health, stress, and mental illness.
2. Recognise the role of a manager when it comes to managing mental health, stress and mental illness in the workplace.
3. Demonstrate competence at identifying how stress and mental illness may present in your employees.
4. Demonstrate the key skills required to support your team members experiencing stress and mental illness; including holding conversations, acting on concerns, following up, and looking after yourself in the process.

Our e-learning includes a 90-minute facilitated group session with a clinical psychologist to enrich and embed the online learning (minimum numbers required).

Contact us if you would like to view a demo module.

“ [Umbrella's Managing Mental Health e-learning] covers an important topic that is well executed. Valuable, thought-provoking, enjoyable, and simple to learn.

- E-learning participant ”